

Independent Shorts

- Lincolns club president Steve Stapleton wants you! The local Jr. B squad is short on executive members and volunteers and could use an injection of young blood, Stapleton said at a "State of the Lincolns" meeting on Nov. 18. The club's constitution recommends a minimum of seven volunteer directors on its board, but it is currently operating with just three.
- The 8th Annual Avonbank Farm Machinery Christmas Parade takes place tonight at 7:30 pm, departing from Avonbank Community Church (corner of Line 16 and Road 134). Parade will head west on Line 16 then left on Road 140, left on Line 15 and then left again onto Road 134. Refreshments provided by Motherwell Women's Institute. There will be a special visit from Santa!
- New in theatres this week are the films *The Good Dinosaur*, the latest Disney Pixar animated film (which has a rating of 81 percent on the movie rating site RottenTomatoes.com), *Creed*, the latest entry in the Rocky franchise, starring Sylvester Stallone and Michael B. Jordan (92 percent), and *Victor Frankenstein*, starring Daniel Radcliffe and James McAvoy (22 percent).
- The St. Marys Community Players, along with Mirth and Mayhem Improv Brigade and Stratford Improv, are presenting "A Night at the Improv" at the St. Marys Town Hall theatre on Dec. 5. Tickets are \$15 and available at The Flower Shop and More and St. Marys Presbyterian Church (cash only). All proceeds support the St. Marys Refugee Sponsorship Group.

BUSINESS OF THE WEEK

Naturopathic Doctor Sarah Tremain-Douglas



Our Business of the Week belongs to Dr. Sarah Tremain-Douglas N.D., M.Sc, [H] B.Sc., who has recently opened up her Naturopathy practice at the Stonetown Health and Wellness Centre at 184 Station Street in St. Marys. Originally from Grand Bend, Dr. Tremain-Douglas earned a Masters in Science at the University of Windsor, before earning a four-year postgraduate medical degree at the Canadian College of Naturopathic Medicine in Toronto. Her training saw her travel south to Haiti, where she provided medical care. She also took part in a month-long clinical rotation living in Nicaragua, working in that nation's hospital system and offering care alongside medical doctors. "I also did rotations in primary care medicine in the Brampton Civic Hospital

and Robert Schad Naturopathic Clinic in Toronto," she said, adding that she has experience on a pediatrics specialty rotation and serving patients living with HIV/AIDS at Sherbourne Health Centre in downtown Toronto. Here in St. Marys, as well as at the Stratford Health and Wellness Centre at 117 Waterloo Street, Dr. Tremain-Douglas offers a wide range of naturally-based, non-invasive treatments and services. This includes, among other things, annual physical exams, PAP smears and gynecological exams, well-child checkups and acupuncture sessions. "Naturopathic Doctors are regulated as primary care practitioners, and offer safe, effective and natural primary care medicine," she said. For new patients, Dr.

Tremain-Douglas offers medical consultations around 75 minutes in length during which she will go over a thorough case history with the patient. "They have lots of time to talk about their health concerns and ask questions," she said. "Then I would do a physical exam and possibly recommend some labs or testing to have done, in order to guide my treatment plan." From there, she starts with the basics: diet and nutrition. "That's the foundation of everything," she said. "After that, it very much depends on the patient's concerns. Often people who see naturopathic doctors have chronic conditions. It's a process where we work together and collaborate to improve health." She and her husband have settled back in Grand Bend but, since opening her practice in St. Marys and learning about everything the Stonetown has to offer, she said the topic of their possibly relocating here has come up. "I really like the community of St. Marys," she said. "I was looking for some place that was close to home, but also had a larger population. St. Marys has a lot of amenities, and is a health-conscious community. It just seems to fit a lot of what we want in a town." Dr. Tremain-Douglas said she is aware that St. Marys has been served by a naturopathic doctor in the past, and is excited to be bringing those services back to St. Marys residents. "I'm also thrilled to be part of the talented team at Stonetown Health & Wellness Centre," she said. "I want to know what the people of St. Marys want from a naturopathic doctor," she said. "I'm very willing to do educational workshops for community groups or businesses in town. I'd like to start a 'lunch and learn' program, possibly in the New Year. People could come to the clinic over lunch hour, share in a healthy meal, and learn about a variety of health-related topics." Dr. Tremain-Douglas' services are not covered by OHIP, but many extended benefit health plans offer some coverage for Naturopathic Doctors, she said. To book an appointment or for more information, call the Stonetown Health and Wellness Centre at 519-284-3883, the Stratford centre at 519-271-8323, or visit stratfordwellness.com. Dr. Tremain-Douglas takes appointments in St. Marys Wednesday and Fridays from 10:00 am to 6:00 pm.

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